REVIEWS

1972-12-11
The News Virginian

Behind other scenes are two books, "Passport to the Supernatural" by Bernhardt J. Hurwood and "Journeys Out of the Body" by Robert A. Monroe. "Passport to the Supernatural" is called an "occult compendium from all ages and many lands." Mr. Monroe has kept a record of his unusual experiences over a number of years and presents his beliefs in this book.

1986
(The Columbus Dispatch)

Julia Osborne
HOTSTUFF

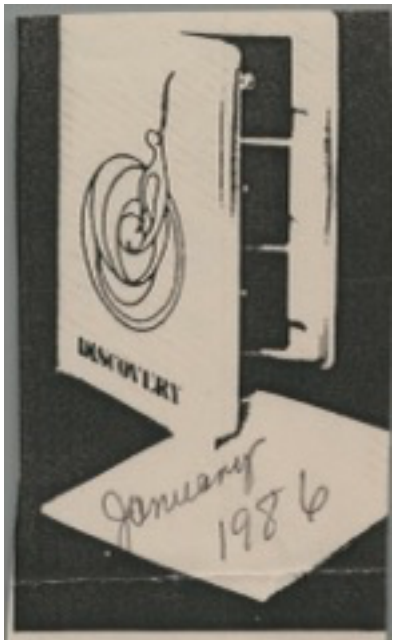
If mid-March means spring break or even a weekend getaway, you should travel properly prepared, armed with the newest gadgets. We've found some.

And if you're staying home, make sure the time is a happy one for all with some materials designed especially to make life safer for youngsters. *Hotstuff* has some sources on this, too.

Jet lag is the bane of all travelers, especially if time is tight — it's awful to spend the first day of a three-day getaway yawning through lunch. Interstate Industries offers an audio cassette tape that helps you overcome the problem quickly. "Catnapper" is designed to induce a quick, 30-minute nap, then awaken you with a whole new outlook while it helps your body's clock readjust.

The tape begins with relaxing sounds of the ocean and other repetitive noises, then a soothing voice helps the listener through progressive relaxation. (We did have a *bit* of a problem when we were told to "relax our scalp" but we tried.) The voice awakens us promptly after half an hour.

Other tapes in the series help the listeners to have sound sleep and to wake up quickly. "Catnapper," "Sound Sleeper" and "Awake & Alert" each cost $11.97 (plus $2 postage and handling.) Order from Health Education Division, Interstate Industries, P.O. Box 120, Nellysford, Va. 22958.



DISCOVER YOUR POTENTIAL

As regular readers will know, I was very impressed by the Hemi Sync programme produced by the Monroe Institute when I attended its residential workshop (see August 1985 issue). Its Discovery Album set of six tapes is designed to use both sides of the brain in order to achieve deeper concentration and spiritual awareness.

Even if all you want to do is improve your golf game (or reduce stress, accelerate learning, or enhance your creativity and ability to solve problems) this is a truly worthwhile investment. The name comes from the synchronisation of both hemispheres of the brain.

Receiving separate sounds in each earphone, resulting in a common denominator sound, one moves by carefully controlled steps from deep physiological relaxation to those thresholds of consciousness that, when stabilised, become gateways into different forms of perception, or states of expanded consciousness and self discovery.

The retail price of £38.50 has been reduced for PREDICTION readers to £30 plus £1 p&p. Simply cut out this write up and send it with your order to Mentronics Systems UK Ltd, 10 Hatter St, Bury St Edmunds, Suffolk IP33 1LZ (0284 706414).

"Far Journeys", by Robert A. Monroe (Souvenir Press, 1986, 292 pp., h/b, £12.95).

Reviewed by Joe Cooper, lecturer in psychic studies.

The author, in his late sixties, has a background of considerable success as a broadcasting executive and directs the Monroe Institute of Applied Sciences in Faber, Virginia.

He is well known for his earlier book "Journeys out of the body" (1973), which has sold over two million in paperback. In this he detailed his extraordinary powers and experiences of astral projection, or Soul Travel as it might be more simply called. He also described unusual incidents in his boyhood, such as money appearing from nowhere and being saved from injury when falling.

Sceptics of this first popular book will have ammunition aplenty in this later sequel, for his travels and conversations border on the bizarre. The idiosyncratic style of language in detailing his encounters with those on higher planes is certain to irk the more traditional English readers among us. Here are two extracts to give the flavour, followed by a helpful glossary. The responses of discarnates are italicised.

1. CLICK!
(Page 156) We were in the Intermediate Area near the Station.
BB (a friend of Monroe) was dull, monotonous, half closed.

I lighted. *(How did you like that skip! Right on target!)*
BB opened slightly *(Yeah, fine.)*

2. CLICK!
(Page 82) I folded the rote and tucked it in me, turned to Bill.
(That's pretty good. Seems familiar).
Bill plied. *(It ought to. You must have picked it up a coupled of hundred classes back).*

I opened. (Bill, if I don't belong here, where did I go?).

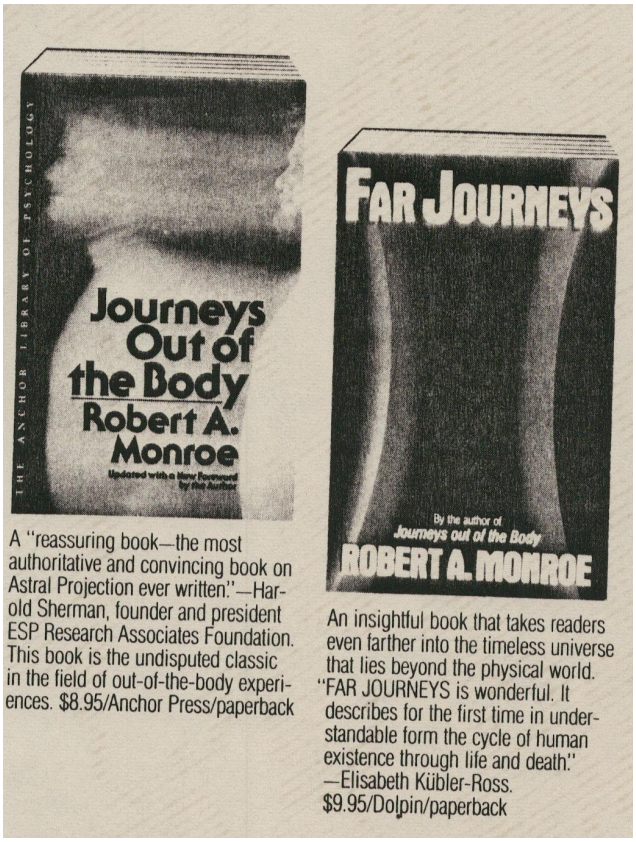
Glossary
ROTE Thought ball. A 'packet' of thought/mentation, total memory.
CLICK! Instantaneous change in consciousness.
PLIED! The way things go with the territory.
LIGHTED Happy, idea, enthusiasm.

Monroe repeats many of his themes from his 1973 book: that we all project in sleep and mostly forget; that we are given our daily consciousness in order to live altruistically, with composure, and to develop our talents. He also answers the score or so questions on OBEs most often asked and gives a handy taxonomy, together with reports from 339 subjects who reported experiences.

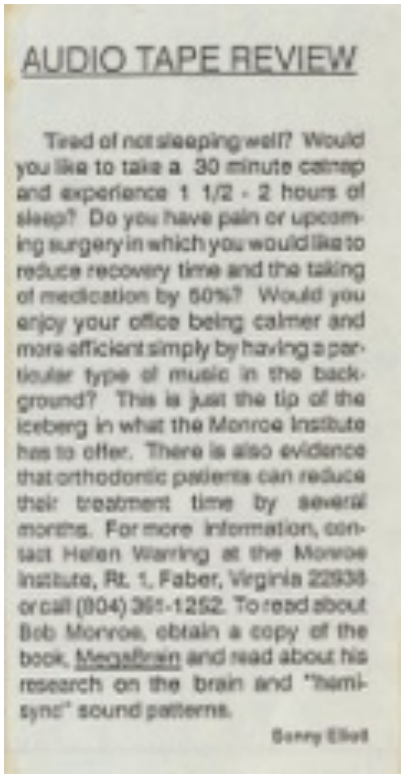
Belief in Monroe's travels will, of course, hinge upon readers' individual backgrounds and belief systems. As a spiritual optimist I am easily able to accommodate such interesting data and am refreshed by his literary quencher, which he modestly compares with a beverage:

"Distorted and poorly filtered as it may be, perhaps this cup of murky water is indeed better than none at all to the parched and thirsty runner."

1988
Guide to New Age Living


THE ANCHOR LIBRARY OF PSYCHOLOGY
Journeys Out of the Body
Robert A. Monroe
Updated with a New Foreword by the Author
A "reassuring book—the most authoritative and convincing book on Astral Projection ever written."—Harold Sherman, founder and president ESP Research Associates Foundation. This book is the undisputed classic in the field of out-of-the-body experiences. $8.95/Anchor Press/paperback
FAR JOURNEYS
By the author of Journeys out of the Body
ROBERT A. MONROE
An insightful book that takes readers even farther into the timeless universe that lies beyond the physical world. "FAR JOURNEYS is wonderful. It describes for the first time in understandable form the cycle of human existence through life and death."
—Elisabeth Kübler-Ross.
$9.95/Dolpin/paperback

1988
Paradigm Press



AUDIO TAPE REVIEW

Tired of not sleeping well? Would you like to take a 30 minute catnap and experience 1 1/2 - 2 hours of sleep? Do you have pain or upcoming surgery in which you would like to reduce recovery time and the taking of medication by 50%? Would you enjoy your office being calmer and more efficient simply by having a particular type of music in the background? This is just the tip of the iceberg in what the Monroe Institute has to offer. There is also evidence that orthodontic patients can reduce their treatment time by several months. For more information, contact Helen Warring at the Monroe Institute, Rt. 1, Faber, Virginia 22938 or call (804) 361-1252. To read about Bob Monroe, obtain a copy of the book, Megabrain and read about his research on the brain and "hemi-sync" sound patterns.

Sonny Elliott

1992
The Positive Times

POSITIVE PICKS

MINI-REVIEWS BY 'THE POS'

Do you have problems sleeping? There is a series of tapes from **The Monroe Institute** that I have had very good results with. One, **Super Sleep**, is played all night while I sleep and does, in fact, deepen my sleep and help me remember my dreams when I arise. Other tapes help you fall asleep, some have elaborate sound effects and production, all utilize Monroe's Hemi-Sync technology. Call for information, (804) 361-1500.

1992-03
New Age Retailer

PJ's Picks

New Age Music News & Reviews by PJ Birosik

Dramatically increased sales were noted in 1991 (with the trend projected to continue according to several hundred retailers surveyed) for what I term "New Edge" music: New Age Music recordings which employ tonal technologies that not only soothe, relax and entertain, but are specifically produced using sounds arranged to enhance brain performance as well. Steven Halpern's Sound Rx label, Jonathan Goldman's Spirit Music Records and Brother Charles' Synchronicity Foundation create and distribute such material.

The Monroe Institute, producers of Metamusic audio cassettes, utilize advanced hemispheric synchronization (Hemi-Sync) to coordinate electrical wave patterns in the left and right sides of the brain, thus inspiring contemplative states or abstract meditation. Benefits of repeated listening include stress reduction, heightened creativity, and intuitive problem solving.

The company's Ron Harris told me sales "are up 25-30% over last year's numbers. Metamusic is carried by Book Of The Month club and distributed by our in-house arm, Interstate Industries, to New Age book and music stores worldwide." There are currently 6 releases in the Artist Series, with 5 more becoming available this year. I found titles *The Inner Journey* (by M. Sadigh) and *Sleeping Through The Rain* (by Sigmon/Anderson) to be extremely effective relaxation agents, utilizing a combination of freeform keyboards and languid space music synthesizer arranged with subtle drone underlayers. For